



SUICIDE HELP CARD





SUICIDE HELP CARD





SUICIDE HELP CARD



Signs of Suicide

- Appears depressed; sad, tearful, poor sleep, poor appetite, hopeless;
- · Threatens suicide:
- Talks about wanting to die; Shows changes in
- behavior, appearance, mood:
- Abused drugs, alcohol;
- Experienced significant loss;
- Deliberately injures self:
- Giving away ssessions DF Recent break-up lationship

Signs of Suicide



Signs of Suicide

sad, tearful, poor

hopeless:

to die:

mood;

alcohol;

self:

- Appears depressed; sad, tearful, poor sleep, poor appetite, hopeless:
- · Threatens suicide:
- Talks about wanting to die;
- Shows changes in behavior, appearance, mood;
- Abused drugs, alcohol;
- Experienced significant loss;
- Deliberately injures self:

Signs of Suicide

- sad, tearful, poor sleep, poor appetite, hopeless;
- to die:
- Abused drugs, alcohol;
- Experienced
- Deliberately injures
- Giving away



Appears depressed;

Threatens suicide:

Talks about wanting

Shows changes in

Abused drugs,

Experienced

significant loss;

behavior, appearance,

Deliberately injures

sleep, poor appetite,



Signs of Suicide

ationship

- · Appears depressed; sad, tearful, poor sleep, poor appetite, hopeless:
- Threatens suicide;
- Talks about wanting to die:
- Shows changes in behavior, appearance, mood;
- Abused drugs, alcohol;
- Experienced significant loss;
- Deliberately injures self:

Signs of Suicide

- Appears depressed; sad, tearful, poor sleep, poor appetite, hopeless;
- · Threatens suicide:
- Talks about wanting to die;
- · Shows changes in behavior, appearance, mood;
- Abused drugs, alcohol;
- Experienced significant loss;
- Deliberately injures
- self; Giving away sse<mark>ssiqus</mark> DF



Signs of Suicide

- Appears depressed; sad, tearful, poor sleep, poor appetite, hopeless;
- · Threatens suicide:
- Talks about wanting to die;
- · Shows changes in behavior, appearance, mood;
- Abused drugs, alcohol;
- Experienced significant loss;
- Deliberately injures self;



Signs of Suicide

- Appears depressed; sad, tearful, poor sleep, poor appetite,
- hopeless: · Threatens suicide:
- Talks about wanting to die:
- Shows changes in behavior, appearance,
- mood; Abused drugs,
- alcohol;
- Experienced significant loss;
- Deliberately injures self:

- Appears depressed;
- · Threatens suicide:
- Talks about wanting
- · Shows changes in behavior, appearance, mood;
- significant loss;
- self;



WHAT TO DO		WHAT TO DO		WHAT TO DO		WHAT TO DO	
Provide AID		Provide AID		Provide AID		Provide AID	
Ask ask about Intervene	Don't be afraid to "Are you thinking hurting yourself?" Immediately!	Ask ask about Intervene	Don't be afraid to "Are you thinking hurting yourself?" Immediately!	Ask ask about Intervene	Don't be afraid to "Are you thinking hurting yourself?" Immediately!	Ask ask about Intervene	Don't be afraid to "Are you thinking hurting yourself?" Immediately!
Don't	Keep it a secret!	Don't	Keep it a secret!	Don't	Keep it a secret!	Don't	Keep it a secret!
Follow the acronym LIFE		Follow the acronym LIFE		Follow the acronym LIFE		Follow the acronym LIFE	
Chaplain,	Chain of Command, doctor, nurse,	Chaplain,	Chain of Command, doctor, nurse,	Chaplain,	Chain of Command, doctor, nurse,	Chaplain,	Chain of Command, doctor, nurse,
friend, family, emergency	crisis line, hospital	friend, family emergency	crisis line, hospital	friend, family emergency	crisis line, hospital	friend, family	crisis line, hospital
of the	Chain of command situation	of the	Chain of command situation	of the	Chain of command	of the	Chain of command situation
Find: with the	Someone to stay person - <i>Don't</i>	Find: with the	Someone to stay person - <i>Don't</i>	Find: with the	Someone to stay $person - Don't$	Find: with the	Someone to stay $person - Don't$
immediately!	person alone! [Act help DO A	Expedite: immediately!	person alone! [GeT h TlO DO A	immediately!	person alone! I GET h FIO DO	immediately!	person alone! [AFT h F10 DO A
needs Ask attention by	··· suicidal person Danitebeatraid to	needs Ask attention by	··· suicidal person Danilebraturaid to	needs Ask attention by	nesuicidal person	needs Ask attention by	··· suicidal person Danile <mark>br</mark> atiraid to
	"Argon thinking		hare you thinking	_	harpeyou thinking		hare you thinking
Intercape U	SENCIES, CONTACT hypting yourself?" Mingrediately 235- Keep it a secret!	Intercape U	GENCIES, CONTACT hypting yourself?" Mingrediately235- Kgep it a secret!	IBRESABE U	GENCIES, CONTACT hunting yourself?" Minupediately235- Keep it a secret!	Ibkreape U	SENCIES, CONTACT hypting yourself?" Minmediately 235- Keep it a secret!
Follow the acronym LIFE		Follow the acronym LIFE		Follow the acronym LIFE		Follow the acronym LIFE	
Locate Help: Chaplain,	Chain of Command, doctor, nurse,	Locate Help: Chaplain,	Chain of Command, doctor, nurse,	Locate Help: Chaplain,	Chain of Command,	Locate Help: Chaplain,	Chain of Command, doctor, nurse,
friend, family		friend, family		friend, family		friend, family	
emergency Inform: of the	room Chain of command	emergency Inform: of the	room Chain of command	emergency Inform: of the	room Chain of command	emergency Inform: of the	room Chain of command
Find: with the	Č	Find: with the	Ç	Find: with the	·		Someone to stay
logue the	person - <i>Don't</i>	logyo tho	person - <i>Don't</i>	logue the	person - <i>Don't</i>	logue the	person - <i>Don't</i>